



Focus on Food Safety

TWO-STAGE COOLING

Cooked, potentially hazardous foods need to move quickly through the temperature danger zone to limit growth of micro-organisms, resulting in foodborne illness.

A two-stage cooling process is required:

- 1. From **135°F** to **70° F** within two hours: and
- 2. From **135°F** to **41° F** within a total of six hours,
or
- Cool to **41° F** within four hours if food is prepared using ingredients normally stored at room temperature, i.e. tuna salad

Many foods require manipulation to cool quickly. Possible methods include:

- 1. Placing food in shallow pans
- 2. Separating food into smaller or thinner portions (2 inch depth for thick foods/4 inch depth for thin liquids)
- 3. Cutting large pieces of meat into pieces no larger than 4 inches or 4 pounds
- 4. Stirring the food as it cools
- 5. Using an ice paddle or other equipment to stir the food
- 6. Adding ice directly to the product as an ingredient
- 7. Using rapid chill refrigeration equipment
- 8. Placing food in containers (i.e. metal containers in refrigeration) that encourage quick cooling*
- 9. Placing food in an ice bath

*** REMINDER – food should not be left out on the counter to cool under any circumstances**



Kansas Department of Health and Environment
Consumer Health Food Safety Program
1000 SW Jackson, Ste. 330
Topeka, KS 66612
www.kdheks.gov/bch/

Handout #6
February 2008